



## **HURRICANE PREPAREDNESS AND RESOURCES**

**The week of May 21-27 was Hurricane Preparedness Week. History teaches us that denial, lack of awareness & lack of preparation, are common threads among all major hurricane disaster situations. But, by knowing what actions you should take, you can be AND FEEL less vulnerable. EAP recognizes and understands the heightened anxiety levels that many people are experiencing at this time of year. So, we urge you to visit the following websites:**

- [www.iii.org](http://www.iii.org) offers free Home Inventory Software that you can download, add digital pictures to, and transfer to a CD. They urge you to make a second CD that is sent to a friend or relative who lives out of the area.
- [www.cignabehavioral.com](http://www.cignabehavioral.com) offers pages of suggestions and resources that are helpful for prudent planning. Go to their website's Login page and print out their directory of resources

**If you are experiencing anxiety about the beginning of the hurricane season, you may find that by taking a few simple steps you start to feel less vulnerable. If you would like to come in to EAP to talk, just call X4567 to set up an appointment.**